

SHORT HOP PEPPER

A two person drill to work on the short hop returns. Player one standing at a 2' distance, with their back to a fence or wall will be in a ready position stance. Player 2 standing opposite of player one at a 15' - 20' distance will have 2 or more balls ready for this drill.

Player two in an 'X' or 'Y' overhead smash attack position will deliver a hard but controlled short hop skip off the ground approximately 1'-3' in front of player one's feet. Player two is working on form and control placement as the drill speeds up.

Player one will drop the paddle head to block the incoming attack and bend knees accordingly to return the ball back to player two's waist or chest. Player one will work to keep the paddle out in front of the feet and angle the paddle to keep the ball low as it returns back to player two.

Player two should start out slow and easy while gradually building up speed to assist player one in reflex timing. Player one, when receiving the incoming ball, will bend knees to simulate a sitting position, keep the head down to keep focus over the paddle face and firm up the shoulders, arms and wrist to prepare for the forceful attack.

This drill can be difficult at first but with practice, you'll be returning those short hop dives at your feet with more control.

NOTE: This drill can be done in open court from kitchen line to kitchen line. By using the wall it assists in ball collection.

VARIATION: Add a target behind player two no further than the baseline. Player one will attempt a soft lob return over player one to the target. Not easy but effective when mastered.